

Welcome to the RESPONSE Breathing Program

The RESPIratory Prehabilitation to enhance Outcomes after plaNned thoracic Surgery (RESPONSE) Breathing Program is designed to:

- Prepare your lungs for surgery
- Support your recovery
- Reduce the risk of breathing-related complications after surgery

Use simple breathing exercises at home before your surgery and continue them in the hospital to support your recovery.

The 3-Step Program

Step 1: Device Breathing Exercises	Step 2: Deep Breathing Exercises Before Surgery	Step 3: Deep Breathing Exercises After Surgery
• Begin when you receive your kit • Use the breathing device and Green Booklet • Log progress in Green Logbook (back of the Green Booklet)	• Begin up to 7 days before your surgery • Use the Blue Booklet • Log progress in Blue Logbook (back of the Blue Booklet)	• Begin after your surgery • Use the Pink Booklet • Do not log exercises after surgery

Begin the RESPONSE Program as soon as you receive your kit or when instructed by your care team

You are not alone. The RESPONSE team is here to help you feel confident and prepared for surgery.

Why Are Breathing Exercises Important

As you prepare for surgery, there are steps you can take to help your body recover. One of these steps is called prehabilitation, or prehab.

Prehab means preparing your body before surgery so it is stronger and better prepared for recovery.

Just like athletes train before a big event, preparing your body before surgery helps it handle the stress of recovery.

Breathing Exercises Help:

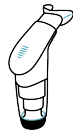
- Strengthen your breathing muscles
- Prevent complications after surgery
- Support faster recovery at home

What Is Included in the RESPONSE Kit

Step 1: Device Breathing Exercises



Green Booklet



Breathing Device



Green Logbook



Nose Clips

Step 2: Deep Breathing Exercises Before Surgery



Blue Booklet



Blue Logbook

Step 3: Deep Breathing Exercises After Surgery



Pink Booklet

Bring all your booklets and logbooks with you on the day of your surgery.

How to Use QR Codes

Scan QR codes to visit the RESPONSE website for video tutorials and more:

1. Open your camera app
2. Point it at the QR code (until you see a link)
3. Tap the link



bit.ly/4ytbLTZ

Help Is Always Available

Contact the RESPONSE team to:

- Walk through breathing exercises
- Practice breathing exercises together
- Answer your questions

☎ Phone: 1-877-372-7316

✉ Email: prehab@toh.ca